



# VEGETARIAN SWEDISH MEATBALLS

## INGREDIENTS

- |                                       |                            |
|---------------------------------------|----------------------------|
| 300g Quorn Swedish Style balls        | 1 tbsp olive oil           |
| 3 tbsp of vegan butter                | 2 tsp dark soy sauce       |
| 3 tbsp all-purpose flour              | 1 tsp Worcestershire sauce |
| 300ml Knorr vegetable stock           | 1 tsp Dijon mustard        |
| 150ml Elmlea Plant-based Double cream |                            |

## METHOD

1. Cook 300g of Quorn Swedish Style Balls in the oven for 10 minutes on 200°C.
2. When cooked, fry the balls in 1 tbsp of oil until golden brown.
3. Remove the meatballs and melt the butter in the pan on low heat.
4. When melted, add the flour and whisk until you find a thick saucy consistency.
5. Add the vegetable stock and keep whisking. Remove all lumps and bring to a boil.
6. Add the double cream, soy sauce, Worcestershire sauce and mustard. Keep whisking.
7. Add the Quorn Swedish Style balls to the sauce. Stir.
8. Heat 250 ml of vegan milk in a small pot. When boiling, remove from heat.
9. Add 1 packet of Knorr Gran Pure Mashed Potatoes and 100 ml of water.
10. Mix until a mashed potato consistency is reached.
11. Serve the Swedish meatballs in their creamy sauce with broccoli, mashed potatoes and jam. Garnish with chopped parsley.

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